

# PATIENT INFORMATION

## BARIUM PREP COLON X-RAY

### General Information

Your health care provider has ordered an x-ray of your colon which requires your colon to be “clean.” This procedure allows the radiologist to see your large intestine (colon or bowel) by the use of barium (a thick, chalky liquid).

Your large intestine joins your small intestine to your anus. It receives waste products from the small intestine that results in a bowel movement.

During the exam, liquid barium will be slowly put into your colon through a slender tube. Using x-ray, the radiologist can look for abnormalities of your colon.

### Preparation

The day before your procedure you should take all medications per your routine. The morning of your procedure all essential medications (such as blood pressure medications or scheduled pain medications) should be taken with a sip of water. If you are on blood thinners, contact the physician who prescribed the blood thinner, to notify your doctor of your procedure and discuss stopping Coumadin, Warfarin, Plavix, Aspirin, Fragmin, Arixtra or Lovenox. You will need to be off your blood thinner at least 5 days prior to your procedure date.

### INSTRUCTIONS

Purchase (none of these require prescription):

**MiraLax Powder 238 grams (it is the larger container)**

**64 ounces of Gatorade (clear, can be colored but NOT RED)**

**One 10-ounce bottle Magnesium Citrate (DO NOT TAKE IF YOU HAVE A HISTORY OF KIDNEY OR RENAL DISEASE OR ARE ON DIALYSIS)**

**Bisacodyl tablets (you will take 4 tablets)**

### The Day Before the Procedure

DO NOT EAT ANY SOLID OR CREAMED FOODS

You may drink all of the clear liquids you desire (clear liquids include coffee (no creamers or milk), tea, broth, bouillon, flavored drinks, Gatorade, popsicles, apple juice, white grape juice and white cranberry juice. No purple or red drinks are permitted. Do not eat Jell-O).

At 1:00 p.m.: Drink the Magnesium Citrate

At 4:00 p.m.: Take all 4 bisacodyl tablets

At 6:00 p.m. Mix all of the MiraLax powder with the Gatorade. Start drinking this fluid and finish it within 2 hours (drink 1 eight ounce glass every 5 – 10 minutes).

Continue to drink LOTS of clear liquids until midnight.

### The Day of the Procedure

You should have nothing by mouth after midnight before your scheduled time of arrival; however, you may take necessary heart, blood pressure or pain medications the morning of your procedure.

**If you have questions call 952-428-2160**

